

# Sweet Potato "Basketball" Biscuits

**Makes:** 24 or 48 Servings

24 Servings

48 Servings

Ingredients	Weight	Measure	Weight	Measure
Sweet potatoes		8		16
Flour, whole wheat		1 cup		2 cups
Flour, white, enriched		2 cups		4 cups
baking powder		1 tsp		2 tsp
Sugar, granulated		1/4 cup		1/2 cup
Baking soda		1/2 cup		1 cup
Applesauce, unsweetened		1/4 cup		1/2 cup
1% (low-fat) milk		1 cup		2 cups
Cinnamon, ground		2 Tbsp		1/4 cup

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	88	
Total Fat	NA	
Protein	2 g	
Carbohydrates	19 g	
Dietary Fiber	2 g	
Saturated Fat	NA	
Sodium	43 mg	

## Directions

1. Wash and dry potatoes, poke holes in top. Microwave on high 5-7 minutes, turning occasionally. Let cool.
2. Peel and mash until all lumps are gone.
3. Preheat oven to 400 degrees F.
4. Line cookie sheet with parchment paper.
5. Combine flour, baking powder, cinnamon, sugar, and baking soda in a medium bowl. Add applesauce and stir. Add sweet potatoes and milk. Stir until mixture holds together.
6. Transfer mixture to a lightly floured surface. Roll out dough to 3/4" thickness. Cut with biscuit cutter (about 2.5" size). Transfer circles to cookie sheet.
7. Bake at 400 degrees F about 10-15 minutes, until golden. Let cool before serving.

## Notes

Serving Tips:

These biscuits are a great way to eat sweet potatoes, which are full of vitamin A.